



SUAAHARA | CREATING AN ENABLING ENVIRONMENT FOR HEALTH AND NUTRITION

Suaahara is a USAID-funded five year (2011-2016) program that addresses the causes of undernutrition in 41 districts of Nepal by uniquely integrating nutrition with agriculture, water, sanitation and hygiene (WASH), and health care interventions.

Key Cross Cutting Areas

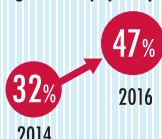
Suaahara creates an enabling and supportive environment where mothers are able to adopt improved health and nutrition behaviors for themselves and their children

GENDER EQUITY AND SOCIAL INCLUSION (GESI)



What Did We Do for GESI?

Increased home visits for nutrition counseling to Disadvantaged Group (DAG)¹ households (HHs)



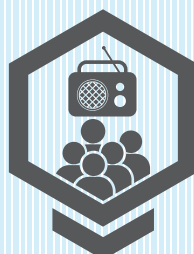
9,442 DAG HHs supported with inputs for **Coop Construction**



13,205 DAG HHs supported with inputs for **WASH (Pan, Bucket with Tap, Soap)**



SOCIAL AND BEHAVIORAL CHANGE COMMUNICATION (SBCC)



What Did We Do for SBCC?

Bhanchhin Aama² Radio Program:

1,040 Episodes Aired
201,725 Audience Responses



24,252 Key Life Events³



8,710 Ideal Families⁴

SOCIAL MOBILIZATION AND GOVERNANCE (SMG)



What Did We Do for SMG?

Supported the formation of Nutrition and Food Security Steering Committees (NFSSC)

36 NFSSC in Districts **1,710** NFSSC in VDCs



8,245 District and VDC level NFSSC members Trained on Nutrition Governance⁵



177,215 Community Stakeholders⁶ Trained on Social Mobilization⁷ and Nutrition Governance



667 Citizen Awareness Centers and **5,294** Ward Citizen Forums mobilized to integrate nutrition at local level planning



(Source: Suaahara Routine Monitoring, 2012 - 2016)

On average, women in Suaahara areas had been exposed to

3 Health and Nutrition Materials (e.g. Posters, Discussion Cards, Pictorial Books, Crop Calendars) whereas women in comparison areas had not been exposed to any in the past 6 months.



76% of women exposed to all of Suaahara's SBCC activities **Exclusively Breastfed their Child for 6 Months**, compared to only 58% of women exposed to none of Suaahara's SBCC activities

In Suaahara areas, **Less than 1% of Women** reported to have **No Household Support**, (e.g. No Support in Household Chores, Child Care, Maternal Health Care) whereas nearly 10% of women reported this in comparison areas.



What was Achieved?



No Difference between DAG (94%) and Non-DAG (94%) in Giving Colostrum (first milk) in Suaahara areas, but in comparison areas there was a gap between DAG (71%) and non-DAG (79%)

Local Level Commitment for Nutrition: 665 Village Development Committees (VDCs) in 25 Districts committed \$743,237 in FY 2015/16 and utilized \$236,410



No Major Differences between **DAG (58%) and Non-DAG (57%)** for **Hand Washing at all 5 Key Times**

(Source: Suaahara Process Evaluation Studies, 2015)

¹ A group of people identified by the state of Nepal as disadvantaged due to their social, economic, cultural, political and physical status.

² An integrated platform that uses interpersonal communication, community mobilization, and mass media to equip mothers and their families with the knowledge and support required to enable improved nutrition behaviors.

³ These compliment the community customs of visiting pregnant women or women who have recently delivered and during rice feeding ceremonies with timely counseling to 1000 days families focusing on Disadvantaged Groups (DAG).

⁴ These are families in the community who have followed at least 5 of the 7 healthy practices that Suaahara promotes.

⁵ Nutrition governance is a system that ensures the active and effective participation of communities in the local development processes to account for the nutrition services and resources.

⁶ These are social mobilizers, members of ward citizen forum and citizen awareness center, VDC secretaries and community facilitators.

⁷ Social mobilization is a process for social transformation through the active participation of stakeholders at all levels of society.



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SUAAHARA
Building Strong & Smart Families